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Items of Interest:

- **Alumni of the Year.** Rear Admiral Nancy J. Lescavage, Director of TRI-CARE Regional Office West, was named Alumni of the Year from the University of Pennsylvania, School of Nursing. She graduated from the school, with a Masters in Nursing Administration in 1986.
- **Heat Stroke.** During the summer months, people exercising outdoors should keep in mind that heat stroke is an ever-present threat. No matter how physically fit you may be, heat stroke can happen. There are a few precautions you can take to keep yourself from suffering from heat stroke: dress for the heat, drink lots of water, eat small meals and eat more often, avoid salt unless directed by a physician, stay indoors whenever possible, take regular breaks, and slow down.

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Corpsmen Learn Life Saving Skills at Field Medical Service School

By Lance Cpl. Brandon R. Holgersen,
Marine Corps Base Camp Lejeune

CAMP JOHNSON, N.C. - The command "Corpsman up!" is yelled during a firefight. A corpsman rushes to the side of an injured Marine and treats him for a sucking chest wound, stabilizing the Marine so he can be evacuated to a safer area.

Corpsmen learned how to treat this wound and other life saving skills during the Field Medical Service School (FMSS).

The school is designed to train corpsman, dental technicians and religious programs specialist to serve with the fleet Marine force, according to Hospital Corpsman 1st

Class John Delano, a medical advisor with the school.

The school is broken down into five blocks of training, according to Staff Sgt. Charles D. Cox the primary military advisor with FMSS. A test is given at the end of each block of instruction and liberty is secured for the students so they can focus on their studies.

The first 10 days of the course the student's Marine advisor spends everyday with them. The Marine advisor gives the students some high stress wake ups and marches them from class to class.

"It gives them a feeling for how things are done in the Marine Corps," Cox said.

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PACIFIC OCEAN - Dental Technician 3rd Class Ryan Antonio from San Diego, Calif., sculpts a mouth guard for a crewmember aboard the nuclear-powered aircraft carrier USS Nimitz (CVN 68). The Nimitz Carrier Strike Group is currently on a regularly scheduled deployment in support of the global war on terrorism. *U.S. Navy photo by Photographer's Mate Airman Roland Franklin*

Slovakian Protects American Dream, Becomes Corpsman

By Cpl. C. Alex Herron, 2nd Marine Aircraft Wing

AL TAQADDUM, Iraq - At 21 years of age Zuzana Drahosova left her native country of Slovakia for America. Focused on a better life, she had the U.S. Navy in mind.

After paying for an extension on her visa, Drahosova had \$80 to her name and began working three jobs to save money for a "green card" so she could enter military service.

"The United States has a lot of opportunities that most countries don't," she said. "The Navy was one of the ways I chose to start my new American life."

Drahosova wanted to become a linguist, since she speaks four languages. Not being a U.S. citizen disqualified her from this critical job. She then set her mind on be-

coming a corpsman.

In January 2003, two years after arriving in America, Drahosova reported for basic training and later checked into field medical school.

While in training she took her first steps toward becoming an American citizen.

"My chief in school gave me the citizenship paperwork and six months later I was granted my citizenship," said Drahosova, who is now a hospital corpsman third class. "Now I have nothing holding me back on having all of the opportunities that are available to all Americans."

After corpsman school, she reported to Marine Light/Attack Helicopter Squadron 775 in Camp Pendleton, Calif. They deployed in support of Operation Iraqi Freedom in February 2004.



AL TAQADDUM, Iraq - Hospital Corpsman 3rd Class Zuzana Drahosova, with Marine Light/Attack Helicopter Squadron 775, dispenses medicine to fill a prescription in her small medical office here. Drahosova left her native Slovakia in 2001 for America to pursue a dream for a better life. U.S. Marine Corps Photo by Cpl. C. Alex Herron, 2nd Marine Aircraft Wing

Shortly after their return to the U.S. seven months later, the unit prepared to deploy to Iraq again.

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Sexual Assault Victims Have More Choices, Confidentiality

By Journalist 1st Class Teresa J. Frith, Navy Personnel Command Communications

MILLINGTON, Tenn. — In an effort to improve the reporting rate for crimes of sexual assault, the Department of Defense has instituted changes in the reporting process, including implementing "restricted reporting".

Under the new restricted reporting option, the chain of command will be informed of the assault and provided as much information as possible without identifying the individuals involved. This will give a more complete picture of the actual prominence of violent crimes in a given area, while still protecting the confidentiality of the victim.

"The Department of Defense is committed to forming policy that will provide a confidential reporting process for sexual assault victims," said Dr. David Chu, Undersecretary of Defense for Personnel Readiness. "We want to create a different climate, where our people feel comfortable coming forward. If you offer confidentiality, you increase the

reporting rate."

Restricted reporting permits the victim to tell only specified individuals, without triggering mandatory command notification or an official investigation. Alleged incidents are reported to the Sexual Assault Response Coordinator (SARC), the responsible sexual assault victim advocate, a health care provider or a chaplain.

"Sexual assault is a crime that seriously erodes mission readiness," said Vice Adm. Gerald Hoewing, Chief of Naval Personnel. "These changes are necessary to improve our program and help achieve our goal of zero tolerance for sexual assaults, while providing maximum support, protection, and care for those Sailors and family members who are victims of sexual assault."

In both cases, health care providers will provide appropriate care and treatment. Confidentiality of medical information will be maintained regardless of which reporting method the victim chooses, but can be provided to a disability board for cases involving determination of fitness for duty.

When a victim files a restricted report, there are limited circumstances under which the information can be given to either the command or law enforcement. These include: with written authorization by the victim; when disclosure is necessary to prevent or lessen a serious/imminent threat to health or safety; when disclosure is required for the supervision of direct victim services by the SARC, responsible victim advocate or health care provider; when disclosure is required by federal or state statute or is ordered by military or civilian courts.

SARCs must now give victims information and clarification on reporting methods. Victims will have to sign a statement that they understand that restricted reporting limits the protective actions that can be taken without command notification, and that it may hinder the government's ability to prosecute the alleged perpetrator.

According to the National Victim Center, men, as well as women, can be victims of sexual assault.

Memorial Day Promotions

By Lt. Cmdr. Albert Y. Wong Forward Deployable Preventive Medicine Unit – East, Public Affairs

CAMP ARIFJAN, Kuwait —This past Memorial Day, four Sailors from the Navy Environmental Health Center's Forward Deployable Preventive Medicine Unit-East (FDPMU-East) were promoted in a ceremony held at Camp Arifjan, Kuwait where the backdrop was designed to honor and remember the sacrifices of veterans past and present.

This highly-trained group of hospital corpsmen provide a wide array of preventive medicine services to Allied Forces in support of Operation Iraqi Freedom (OIF).

Hospital Corpsman Second Class Michael Taylor was promoted to Hospital Corpsman First Class and Hospitalmen Kristy Barksdale, Cody Sparks and Douglas Spencer were all promoted to Hospital Corpsman Third Class.

Each of the Sailors advanced were presented with their advancement certificates and a new desert camouflage utility blouse bearing their new rank insignia.

The four OIF veterans hail from various locations worldwide. Hospital Corpsman 3rd Class Spencer and HM3 Sparks were both stationed at the Naval Hospital Okinawa, Japan before deploying to Kuwait. Likewise, Hospital Corpsman 3rd Class Kristy Barksdale was assigned to the Naval Medical Clinic Annapolis, Md. prior to



CAMP ARIFJAN, Kuwait — (From right to left) HM3 Kristy Barksdale; Hospital Corpsman 3rd Class Cody Sparks; Hospital Corpsman 3rd Class Douglas Spencer; and Hospital Corpsman 1st Class Michael Taylor. Photo by Hospital Corpsman 2nd Class Christopher Hansen, Forward Deployable Preventive Medicine Unit—East

reporting for duty with FDPMU-East. Hospital Corpsman 1st Class Michael Taylor, was stationed at Navy Environmental & Preventive Medicine Unit Number 7, in Sigonella, Italy, before joining his FDPMU-East shipmates in Kuwait.

Corpsmen Learn continued...

(Continued from page 1)

All of the sailors training is geared toward what they would be doing in a combat environment, according to Cox.

Sailors learn the rank structure of the Marine Corps and the chain of command during the first block of training.

In the second block of training, students learn how to treat different types of injuries from chest wounds to burns and managing shock.

Students learn how to use their field protective mask, mission oriented protective posture suit and learn about different chemical and

biological agents.

"The days are long and you are constantly learning," said DeMarco.

The fourth block covers heat and cold related injuries along with treating water. Students also learn how to treat combat stress.

The fifth block is devoted to weapons handling, firing procedures and Marine Corps knowledge. The sailors spend a week in the field practicing land navigation, urban warfare and room clearing. They also practice throwing grenades, patrolling and how to set up defensive positions.

The sailors also learn to do casualty assessments and learn to set up casualty collection points,

according to Cox.

Through out the five blocks the sailors go on five hikes each one covering more distance.

"The first hike is two miles just to break in their new boots and their final hike is eight miles," Cox said. The final hike must be completed in order to graduate from the course.

The class averages 60 students per cycle that are split into four platoons, according to Cox. The school is one of two Field Medical Service Schools and trains all corpsmen, dental technicians and religious programs specialists east of the Mississippi River.



ATLANTIC OCEAN - Midshipman 3rd Class Kelly McKenna, a sophomore in the Reserve Officer Training Corps (ROTC) program at Villanova University, uses a steady hand to administer a shot to a Sailor aboard the amphibious assault ship USS Wasp (LHD 1). Twenty-nine Midshipmen, from the U.S. Naval Academy and various colleges, are currently embarked aboard Wasp participating in the Midshipmen Summer Training Program. U.S. Navy photo by Photographer's Mate 1st Class James E. Perkins

Naval Hospital Bremerton Delivers Renovated Labor and Delivery Suites

Gone are the days where a mother labors in one room, delivers the baby in an operating room and recovers in another.

By Journalist 1st Class(SW) Spencer Webster, Navy Region Northwest

BREMERTON, Wash. - Naval Hospital Bremerton opened Northwest Beginnings, its renovated labor and delivery department during a ribbon cutting ceremony.

Gone are the days where a mother labors in one room, delivers the baby in an operating room and recovers in another.

According to Cmdr. Penny Heisler, clinical nurse specialist and clinical project manager for Northwest Beginnings, this project has its roots in the civilian community.

"It started many years ago when family centered maternity care began to take a hold in our civilian community," she said. "We have been doing it in bits and pieces in the military for years. But Vice Adm. Michael Cowan, former U.S. Navy Surgeon General, really

took it on as an issue. He was headed toward family-centered maternity care for Navy medicine."

The project included streamlining labor and delivery department administration, as well as providing eight state-of-the-art labor and delivery suites.

"We provide single-room maternity care," said Heisler. "When a woman goes into labor and is admitted, she will go into one room, labor and deliver there and have her post-partum care in the same room. The mother and child are supported in one room. We minimize family separation and try to increase their comfort so during that period of time, the entire family will get everything they need."

In addition to ensuring that the entire family can experience the

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Hospital Corpsmen's Rich Legacy Growing in Iraq

By Lance Cpl. Ray Lewis and Sgt. Monroe Seigle, Marine Corps Base Camp Pendleton

MARINE CORPS BASE CAMP PENDLETON, Calif. - What is the duty of a hospital corpsman? No need to explain this to Hospital Corpsman Paul T. Alba.

The two-inch scar on his neck, coupled with the Purple Heart he collected for his trouble, underscore Alba's credentials as a torch bearer for a 107-year Hospital Corps heritage marked by faithful healing and heroism.

Alba, with 1st Medical Battalion, was riding in a convoy when his camp was ambushed in the early stages of Operation Iraqi Freedom.

That's when he and a comrade heard the distinct whistle of two 122 millimeter rockets. The pair missed him and hit the nearby mess hall, he said.

"When the missiles hit the chow hall, I went back inside telling everyone what happened. Within 15-

30 seconds ... a third missile hit the doorway of the clinic, killing the two Army guys by the door," Alba recalled.

Sharp shards of shrapnel whizzed throughout the room. One piece lodged in Alba's neck, just above his jugular vein.

Despite the wound and resulting numbness, he didn't stop trying to help.

"The adrenaline was pumping," Alba said. "I knew I got hit, but others did too."

As Alba feverishly worked the room, a fellow corpsman noticed the wound during a "blood sweep," where the corpsman checks his body for injuries.

Hospital Corpsman 3rd Class Jamar D. Williams has seen such bravado. He treats Marines being whisked away from the battlefield aboard "medevac" vehicles. They carry lifesaving medical supplies, including IV bags, oxygen and defibrulators.

Williams says the job can get

emotional.

"There were lots of nights where we spent the entire night treating the wounded and trying to assure them that they were going to pull through," Hospital Corpsman 2nd Class Dionicio Jorge, with 1st Battalion, 4th Marine Regiment.

During the ceremony, Col. Michael A. Shupp, 1st Marines' commander, praised the corpsmen's dedication.

"They have made contributions and sacrifices to this country and to the Marine Corps that will forever be remembered," he said.

Hospital Corpsman 3rd Class Anthony Roberson, also with 1st Bn., 4th Marines, said the gratitude goes both ways.

"We believe we owe the Marines just as much thanks as they owe us," he said. "We were very fortunate to have them protecting us out there. We trusted them with our lives, just like they trusted us with theirs. We had their backs and they had ours."

Do You Know Everything You Need to Know Before Deployment?

By Lt. Tom Leach, Naval Operational Medicine Institute, Head, Education and Training, Pensacola, Fla., and Chief Hospital Corpsman (FMF/PJ) Dwayne J. Hathaway, Naval Medical Education and Training Command, Public Affairs, Bethesda, Md.

BETHESDA, Md. — If you are a member of the Navy Medicine community getting ready to deploy, then the Medical Deployer portal on Navy Knowledge Online (NKO) can assist you with gearing up for getting underway. The Medical Deployer page was just launched in June of this year and has a wealth of information

whether you are going onboard a ship or heading overseas to the front lines". There are several other topics of information on the page included under the Marine Corps Field Information and the Shipboard Organization sections on the portal.

"Just-in-Time" training is also featured on the portal. It was developed based on core requirements that were identified for Navy Medicine Expeditionary Training and tailored to Fleet and Marine Corps requirements. The didactic portion of these requirements are to augment, not replace, platform-specific training.

The Medical Deployer portal also contains numerous links to training organizations throughout Navy Medicine, including Web sites such as Medical Lessons Learned which is sponsored by the Naval Operational Medicine Institute in Pensacola, FL. It also provides real time non-classified information such as the Iraq Crisis Report and other ongoing operations throughout the world.

To learn more about Medical Deployer portal, visit NKO at <https://www.nko.navy.mil/portal/splash/index.jsp> and access the Medical Deployer section of the portal.

Bremerton Delivery continued...

(Continued from page 4)

birthing process, the rooms also feature bedside monitoring and enlarged bathrooms, which include a large labor tub.

According to Heisler, the goal was to make the suites seem more like hotel rooms than hospital rooms.

For Ensign Jamie Halcumb, labor and delivery nurse, the improvements will draw families who want to experience family-centered care.

The family-centered care experience allows mothers to have access to the nurse call system, which allows patients to call their nurse directly, and use a computerized infant security system that tracks and monitors newborns wherever they are in the facility.

"The focus was family- and patient-centered care, and providing a good working environment for the staff," said Brad Fogel, architect for Frasier and Fogel Architects. "The rooms are much larger than what

they were. Most everything is built into the room and cabinets. It is striking, and without comparison."

According to Heisler, the grand opening of the new facility is like a birth itself.

"I really feel like it is a delivery. I am ecstatic and thrilled for this product and area; a mixture of pride that the Navy has done this, and allowed it to happen. It started out as a dream of a few people who dared to ask the question 'What can

Slovakian continued...

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Drahosova had her work cut out for her and struck out to prepare the squadron for another deployment to

the Middle East.

"She brought the squadron to a 96 percent medical readiness rate before returning to Iraq," said Cmdr. Michael Dorney, the squadron's flight surgeon. "She was also studying to get her Fleet Marine Force pin, which she received a few months ago."

Deployed again, Drahosova takes the time to get to know the Marines she is responsible for.

"If we hadn't deployed twice in two years I would only see most of these guys once a month, but I have gotten to know them better than I thought I would," she said. "They are a great group and I'm glad to be a part of their team."



Atlantic Ocean — Physician's Assistant Lt. Tobijah Griffin, assigned aboard the aircraft carrier USS Harry S. Truman (CVN 75), examines Culinarian Specialist Seaman Emmanuel Victor's eyes during a routine check-up during sick call. U.S. Navy photo by Photographer's Mate 3rd Class Kathaleen A. Knowles



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